



SevenDays high school resource booklet



SevenDays®

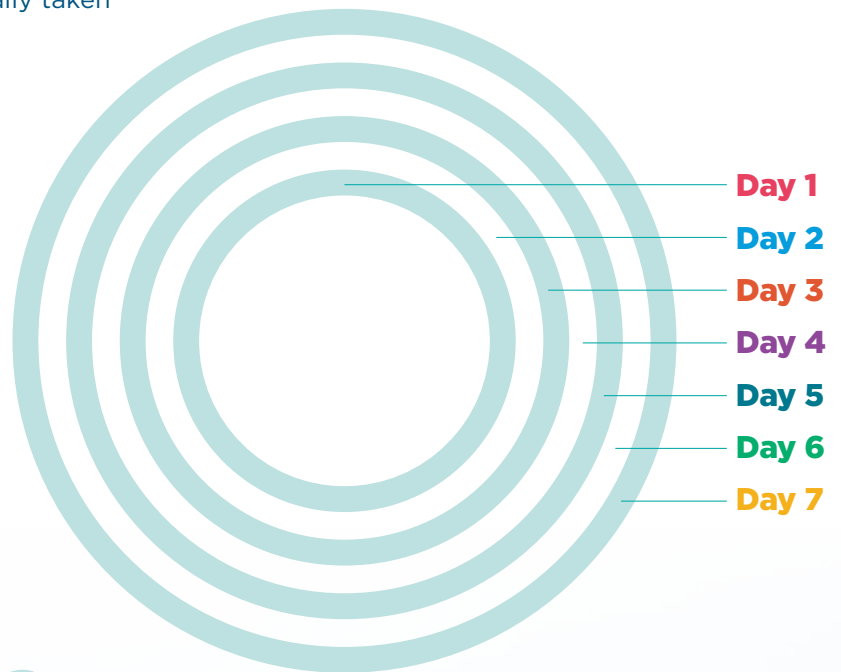
MAKE A RIPPLE, CHANGE THE WORLD

What is SevenDays® and why should you get involved?

SevenDays® Mission is to overcome hate by promoting kindness and understanding through education and dialogue. We want high school students and staff to take time to focus on kindness at school and in their homes in order to get even more out of their high school experience.

The SevenDays® Ripple features seven nested rings—four filled with color and three left empty.

- The three empty rings signify the lives tragically taken by hatred of people that were different. William Corporon, Reat Underwood and Terri LaManno lost their lives on April 13, 2014 in the KC area Jewish facilities by a white supremacist.
- But the other four show that even through tragedy, our communities possess a spirit filled with color, vibrance and life that can never be taken away.
- Finally, the interconnected nature of the rings represents **inclusion, wholeness, kindness, mobility, and our commitment to creating centered, focused lives for ourselves and for the ones we love.** With this ripple, our goal is to create a wave of positive change for the future.



rip•ple /'ripəl/

A small wave or series of waves on the surface of water, especially as caused by an object dropping into it or a slight breeze.

Sevendays[®] aligns with what you are doing



SevenDays[®] Mission:
To overcome hate by promoting
kindness and **understanding** through
education and **dialogue**.

April 2024

We ask you to dedicate 7 days to share the following themes. You can follow along with our SevenDays® 2024 dates:

Day 1



Reach out to those you care about. Let them know how much they mean to you.

Day 2



Take time to broaden your worldview. Discover something or someone new.

Day 3



Focus on others. Learn about and embrace someone who is an “other” to you.

Day 4



Seek connections with other people. It makes you and them happier.

Day 5



Take care of YOU – mind, body and soul. Being kind to ourselves helps us be kind to others.

Day 7



Continue onward with kindness. Commit to future actions that make ripples of kindness.

Day 6



Go out into the world. Be active, get engaged and spread kindness.

Levels of Involvement with SevenDays®

Level 1

Our resources can be ordered at no cost to you!

- ☐ Order and pass out Kindness Theme Stickers www.SevenDays.org/shop
- ☐ School librarians order bookmarks www.SevenDays.org/shop
- ☐ School librarians order poster display www.SevenDays.org/shop
- ☐ Make your own posters or use ours www.SevenDays.org/shop
Display posters throughout school to encourage kind actions
- ☐ Post your school's kindness actions on social media and tag us!
 - ☐ @GiveSevenDays
 - ☐ #GiveSevenDays
 - ☐ #BeTheRipple

Level 2

- ☐ **Everything from Level 1**
- ☐ Hold Spirit Days!
- ☐ Use Kindness Lessons!
- ☐ Find Spirit Day and Kindness Lesson suggestions on our website
<https://sevendays.org/resources/resources-for-schools>

Level 3

- ☐ **Everything from Level 2**
- ☐ Organize a Kindness Walk or Kindness Rally for staff and students
(suggested Kindness Walk implementation ideas at
<https://sevendays.org/resources/resources-for-schools>)

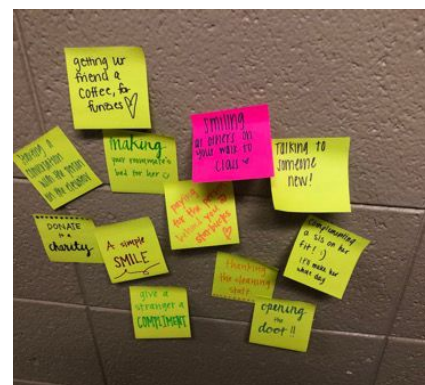
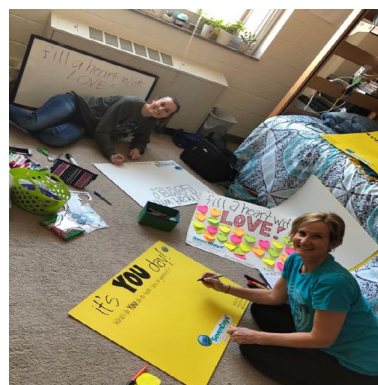
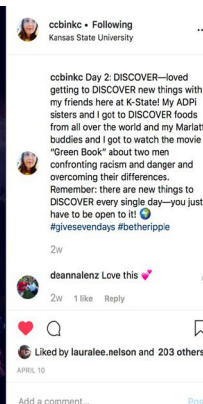
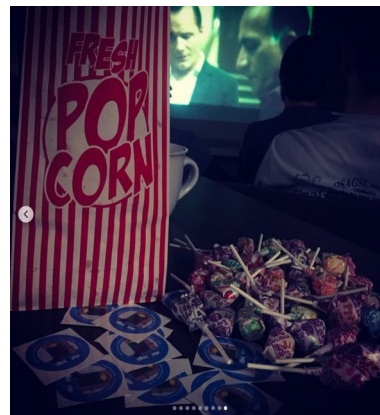
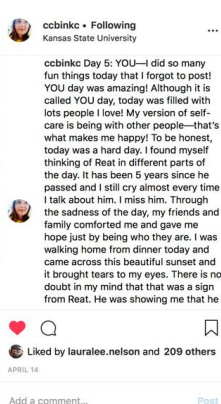
Other Options

- ☐ Host a guest speaker to talk about Kindness, diversity, etc.
SevenDays® Kindness Youth Leadership Team members are available to speak at no cost to you
- ☐ Have an art project or writing prompt based upon one or all of the Seven Days themes
- ☐ Hang a "Graffiti Wall" where students can write positive words about inclusion, acceptance, kindness, and respect
- ☐ Reach out to SevenDays for more opportunities

Examples of Social Media Posts



Photos from Previous Years



Lesson Plan and Activity Samples

Love Day



Spirit Day

Prep Time: N/A

Activity Time: N/A

For LOVE day, wear any red (or shade of red) apparel (ex., shirts, pants, shoes, socks, jewelry) to represent love. Let's start the week off right by showing our LOVE to ourselves and each other! To display love, take pictures with people who you love (parents, other family, friends) and post on social media expressing your love. Use #BeTheRipple and #GiveSevenDays and Tag @GiveSevenDays.

Kudos

Prep Time: 5 minutes

Activity Time: 5-10 min

Gather pencils and paper. Hand them out to your group. Ask each person to write a Kudo (something specific and nice about another person in the group). Gather the Kudos and read them aloud to the group.

Discover Day



Spirit Day

Prep Time: N/A

Activity Time: N/A

For DISCOVER day, wear camouflage. The camouflage represents how we hide our complex human identity. It symbolizes your emotional camouflage in everyday life, such as disabilities, religious beliefs, differences, fears, family problems, issues with friends, etc. The physical camouflage represents the hidden parts of ourselves that we ALL have. Seeing all the other kids in camouflage lets you know you are not alone.

Discover What's Up

Prep Time: none

Activity Time: About an hour

What is going on around campus? Google what activities are going on either on your campus or around town. Look for events, activities, seminars, concerts, plays... anything of interest that will help you discover something new. Write out the list on a big poster and display it in the common area or email the list to your group. Ask if anyone wants to attend one with you! Share your list on Social Media and tag us @GiveSevenDays.



Others Day

Spirit Day

Prep Time: None

Activity Time: N/A

Encourage students to root for others by wearing a sports jersey of a friend or team that they otherwise might not support. They can wear the jersey or t-shirt from any activity at school or out of school. Suggestions include: a friend's football jersey, soccer jersey, debate club t-shirt, musical t-shirt, shirt from a club team or activity- like dance studio, club volleyball, tennis team, art club, etc. They could even wear a work t-shirt of a friend. Examples would include- from a local restaurant, movie theater, or car wash where their friend works.

Random Acts of Kindness

Prep Time:

Activity Time:

Declare, post or make a poster stating that Random Acts of Kindness can be done today! Give suggested acts of kindness- like bring candy to your class, make your parent's bed, give someone that works close by a note of thanks- teacher, cleaning staff, cooks, fire department, security officer...

Connect Day



Spirit Day

Prep Time: N/A

Activity Time: N/A

For CONNECT day find a friend (or more) to match with clothes, hair, or any other creative way. Your group can choose a theme either all together, by class (freshman, sophomore...) or any other creative way. Here is the hard part...think of someone new to invite to dress like you and your friends. Including someone else will feel awesome to you and them. Connecting with friends is great but going beyond your group to connect with someone new is even better! Take pictures together and post to social media with #BeTheRipple and #GiveSevenDays. Tag @ GiveSevenDays.

Post-It Note Challenge

Prep Time: N/A

Activity Time: 10-20 minutes

Write 5-10 positive thoughts or feelings about different people you know on post-it notes. Put the Post-It wherever everyone can see - like the person's locker, backpack, desk, etc. The notes should be specific in order to brighten their day. This activity represents the little things that can connect us to others and improve the days of people around us. We never know what a person is going through and even a small, but heartfelt post it note could make the difference.

You Day



Spirit Day

Prep Time: N/A

Activity Time: N/A

For YOU day, dress in clothes that represent YOU. For instance, if you are into sports and are very athletic, you can wear athletic clothes. If you like art, dress as an artist would. Whatever you can wear that will represent your personality and interests, go for it! Teachers are encouraged to ask the class to share why they dressed as they did.

Talk About YOU!

Prep Time: None

Activity Time: 15 minutes

Encourage students to talk in small groups about what traits they possess that makes them special. Teachers can ask leading questions like:

1. What personality traits are your best?
2. What do you do that makes you happy?
3. How do you think other people describe you? Why?

This can be done in Zoom breakout rooms or in person. They can write their thoughts on a Post-It notes to put in the classroom if they want and can also tell their classmates about what hobbies they have and what they like to do in their free time.

Go Day



Spirit Day

Prep Time: N/A

Activity Time: N/A

Today is all about your well-being and keeping your mind and body healthy. Students are encouraged to dress in athletic clothes (ex.sweats, tennis shoes, athletic shorts, etc.) to encourage being active. It is important to take care of yourself so teachers should take a couple minutes to discuss why it's important to keep good mental health as well as physical health as a class.

Take it Outside!

Prep Time: None

Activity Time: Up to one class period

Teachers choose a lesson that can be done outside. Writing, reading groups, math lesson with dry erase boards, natural science lesson using the outdoors, art class- drawing nature, music singing or playing easily movable instruments, foreign language practice outside, etc. Explain to the students that changing your environment can give you a different perspective on any subject. After you have finished the class, ask the students to think about how they can make learning more fun on their own. Can they do homework outside? Can they try to earn more "outdoor learning time" in class with good behavior and attitudes?



Onward Day

Spirit Day

Prep Time: None

Activity Time: N/A

Encourage students to wear their SevenDays t-shirts or blue t-shirts to raise awareness for the SevenDays walk. Explain that the SevenDays® Kindness Walk and the significance of the blue color is to look like a ripple of water that is moving out and causing a larger effect of kindness throughout our community and reaching as far as possible.

“I walk for...”


Prep Time: 5 minutes

Activity Time: Lunch or in class

Gather a number of whiteboards and markers. Discuss with students the concept that they can be a positive influence to move kindness onward. Explain they can do this today, tomorrow and every day in the future. Encourage students to write on the boards “I walk for ____” “I stand up for ____” “I love ____” “I want to be ____”. This activity allows students to realize who they are and who they want to be now and onward. Students can post pictures with their whiteboards and should tag @givesevendays.

Share your photos and experiences @GiveSevenDays on Facebook, Twitter and Instagram using the hashtag #GiveSevenDays and #BeTheRipple. Tag yourself! To share more detailed events, email us at info@SevenDays.org with your school name.

**More activity or
lesson ideas are on our
website. Check them out at
www.SevenDays.org**



Possible School Announcements or Daily Emails

Pre SevenDays®

Tomorrow we will begin SevenDays®! Each day there will be a new theme to help us focus on kindness and understanding of differences. It will also help us all Make a Ripple to Change the World! If you want more information about events going on this week, outside of school, please check out the website, www.SevenDays.org. Consider joining us each day!

DAY 1

Love Day Today's SevenDays® theme is LOVE! Take some time today to reach out to those who care about you. Make it a day filled with appreciation. Let your teachers, coaches, friends and family know that you LOVE them!

DAY 2

Discover Day Today's SevenDays® theme is DISCOVER. Take time to learn and discover something new. Find out something about a friend or family member that you didn't know before. Share your new discovery with friends and family tonight!

DAY 3

Others Day Today's SevenDays® Theme is OTHERS. Focus on learning about and embracing someone who is an "other" to you. Consider a group of people who seem different from you and take time to understand that group more.

DAY 4

Connect Day The SevenDays® theme for today is CONNECT! Take some time today to reconnect with family and friends. Find someone that you want to get to know better and spend some time with them. Ask them questions, do something fun, or just let them know you want to be friends!

DAY 5

You Day Today, take time to care for YOU- mind, body and soul. Spend a few minutes thinking about how to best take care of YOU. Find activities that engage your body, mind and spirit. Consider studying or holding a class outside today. The fresh air and sunshine will give you a fresh perspective.

DAY 6

Go Day The SevenDays® Theme today is GO! Go out in the world today. Get engaged in activities that spread kindness like mowing the lawn for an elderly neighbor or picking up trash in the school parking lot.

DAY 7

Onward Day Today's SevenDays® theme is ONWARD. How are you going to take the lessons you learned this week ONWARD? What are you going to do that Makes a Ripple to Change the World? Consider using the postcards provided by SevenDays® to write your goals and stay accountable. Add your name and address and we will mail it back to you in a few months.

Post SevenDays

Yesterday concluded SevenDays®! Thank you for playing along and learning how to be kind to yourself and others. Kindness makes your life and those around you better. Every time you are kind, you make a difference. Keep up the good work and keep making Ripples of Kindness to Change the World!

Contact Us!

Our Website

www.SevenDays.org

Facebook | Instagram | Twitter

@GiveSevenDays

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